

DON'T LET MOTION SICKNESS RUIN YOUR HOLIDAYS



Let the travel bug bites this coming June holidays! Already scouting for your air tickets and set to go on a family trip? Well, your travel plans are equally important as your health, and there's no way you're going to enjoy the sights if you are down with motion sickness.

Now, skip the expensive luggage bags and God forbid, alcohol on the plane. Here are some fabulous tips to make your family trip a memorable one:

Avoid rich oily foods and heavy meals. Make foods into interesting shapes to whet your child's appetite.

Make sure your child is well rested before travelling. Coax and tuck him/her to bed earlier by reading bedtime stories.

When travelling, make sure your child's car seat faces forward, and is propped high enough to see the view. Or choose the seats in the middle of the flight or cruise cabin because those seats have the least movements.

Make sure that the vehicle is well ventilated and at a comfortable temperature. Open the air-vent to allow circulation of air.

Toys distract and occupy your child. However, avoid reading or playing of videogames.

Try playing simple 'travel' games such as: I spy with my little eye something that starts with a certain alphabet or colour while taking turns to guess what the object is; or singing to Old MacDonalD while taking turns to add an animal.

FAST FACTS ABOUT MOTION SICKNESS

Children are more susceptible to motion sickness than adults. Motion sickness susceptibility in childhood is 31.1% and in adulthood 7.9%, according to a study conducted by Service de Cardiologie Pédiatrique, Hôpital d'Enfants, Centre Hospitalier Universitaire de Nancy, France, and published in Pubmed.Gov, a service of the U.S. National Library of Medicine and the National Institutes of Health.

People tend to get motion sickness on a moving boat, train, airplane, car, or amusement park rides. Although

this condition is fairly common and often only a minor nuisance, it may be incapacitating for people who travel frequently.

FAST SOLUTION FOR MOTION SICKNESS

Whatever the measures are, they are only preventive against motion sickness. For a more conclusive solution, there is motion sickness syrup, which is readily available at the pharmacy dispensing counters and can be an effective recommendation for children.

It is suitable for children as young as 2 years old to 12 years old as this oral solution by Xepa^{SP} calms the inner ear and averts nausea, vomiting and dizziness caused by motion sickness. The tasty orange flavour also makes for easy consumption for young children.

Medications for motion sickness are preventative but not curative. However, most motion sickness medicines are only effective if they are taken before you feel sick. Mr James Len, Deputy General Manager of Xepa^{SP} understands the discomfort of motion sickness in children and the worry in parents.

He says, "Unfortunately, there is no cure for motion sickness during the suffering. It is thus important to prepare for any journey. Our oral solution has anti-emetic properties and is effective for prevention and treatment of nausea and vomiting. For prevention of motion sickness, the first dose is recommended to be taken 30 minutes before the journey."



There are varying degrees of motion sickness. It may be difficult to accurately identify motion sickness in children. Easily mistaken as restlessness unless severe, motion sickness in children can be established by one or more of the following symptoms:

- **NAUSEA • COLD SWEAT • VOMITING •**
- **DIZZINESS • FATIGUE • HEADACHE •**
- **INCREASED SALIVATION •**
- **PALENESS OF SKIN •**